SPORTS ART SEMI-RECUMBENT CYCLE #5007

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SAFETY GUIDELINES:

Please read and follow the safety guidelines as below.

. Read this owner's manual and follow the instructions.

. Keep this owner's manual for future use and reference.

. Always unplug the cycle from the electrical outlet before cleaning.

. Assemble and operate the cycle on a solid, level surface.

. Never allow children on or near the cycle.

. Check the cycle before every use. Make sure all spare parts are assembled, and all washers and bolts are tightened. Do not use the cycle if the unit is disassembled in any way.

. Keep your hands away from moving parts.

. Wear proper workout clothing: do NOT wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back.

. Don't rock the unit from side to side, and use care when mounting and dismounting the unit.

. Don't stand on the unit.

. Do not use any accessories that aren't specifically recommended by the manufacturer as these might cause injuries or cause the unit to fail.

. Allow sufficient space on both sides of the bike for users to mount and dismount the machine.

. Remember to allow space to plug in the unit.

. Work within your recommended exercise level, do NOT work to exhaustion.

. The power cord can only be replaced by a qualified technician.

. If you feel any pain or abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately.

. If any parts fail or are defective, please stop your workout immediately and contact your authorized dealer for repairs.

Caution:

Before beginning any exercise program, you should consult with your doctor.
It is recommended that you undergo a complete physical examination.

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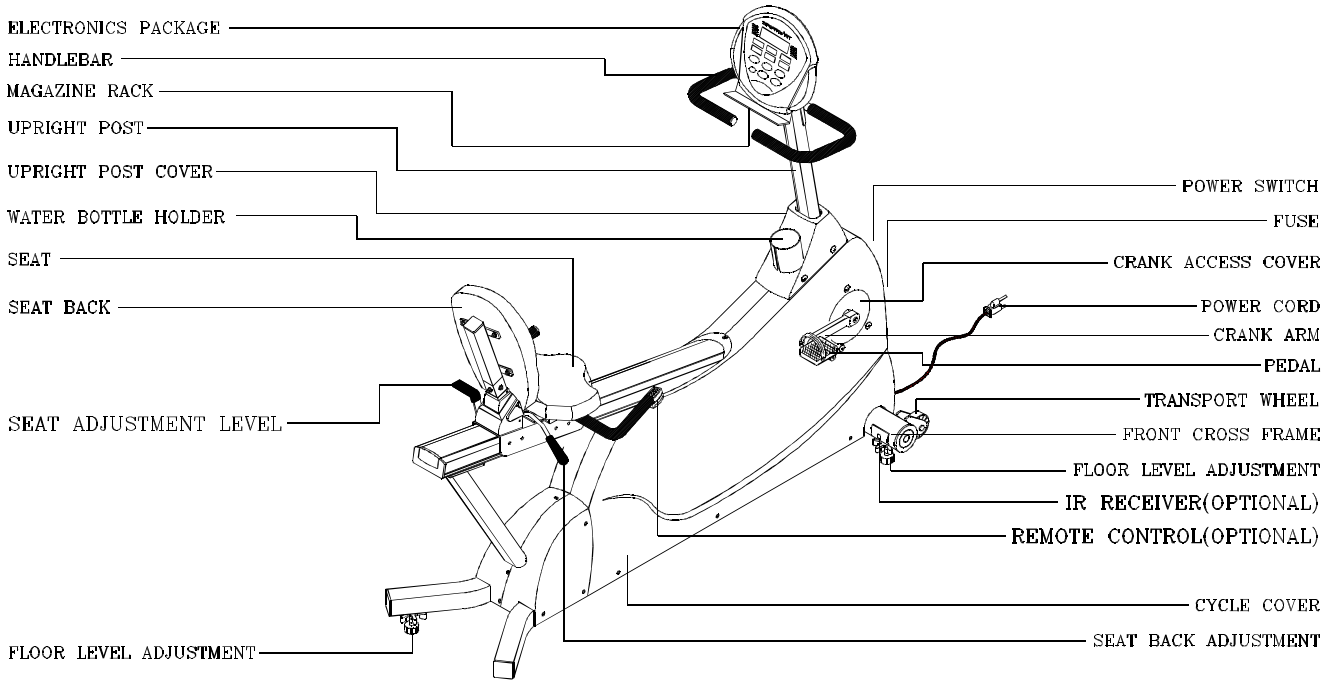
INTRODUCTION

Congratulations on purchasing one of the finest pieces of grade exercise equipment on the market today. Constructed of high quality materials and designed for years of trouble free usage, the Sports Art 5007 will be an integral part of your fitness regimen.

Before using your cycle, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of an exercise cycle or a seasoned "pro," understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.



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ASSEMBLING YOUR CYCLE

List of parts:

. Six 5/16" x 3/4" bolts—Upright post

. Four 5/16" wave washers—Upright post

. Two 5/16" flat washers—Upright post

. Four philip screws—Upright post cover

. Four 1/4" x 1/2 bolts—Handlebar

. Four 5/16" x 3/4" bolts—Handlebar mounting plate

. Four 5/16" flat washers—Handlebar mounting plate

. Four 5/16" spring washers - Handlebar mounting plate

. Three 5/16" x 3/4" bolts—Seat post

. Three 5/16" flat washers—Seat post

. Four 5/16" x 3/4" bolts—Seat base

. Four 5/16" flat washers—Seat base

. One pair of foot pedals

. One open-ended wrench

. One fuse: 1AMP

. Two - way screw driver

. One hex allen wrench

. One hex socket

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Step By Step Instructions:

Before assembling your cycle, make sure that you have all the listed on the previous page parts. The following steps explain how to assemble your 5007. Please read every step thoroughly, and follow the directions completely to ensure correct assembly.

1. Take out the cycle frame and make sure all packing materials are removed from the unit.

2. Place the cycle on a level, flat surface.

3. Place the upright post cover into the upright post. Locate the 16 pin cable connector inside the upright post and insert it securely into the socket.

   Tighten the connector by turning both screw pins clockwise to secure. Insert the upright post to the cycle frame (see Fig. 1).

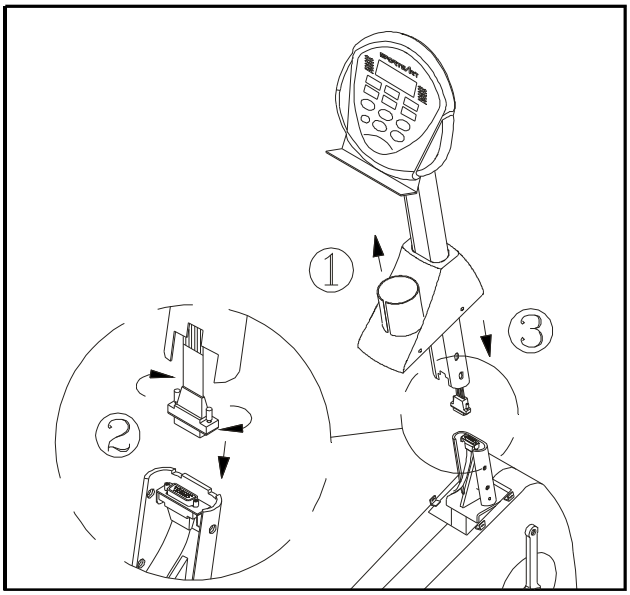

Fig.1

4. Use 6 pcs 5/16" bolts, and washers to secure the upright post (see Fig. 2).

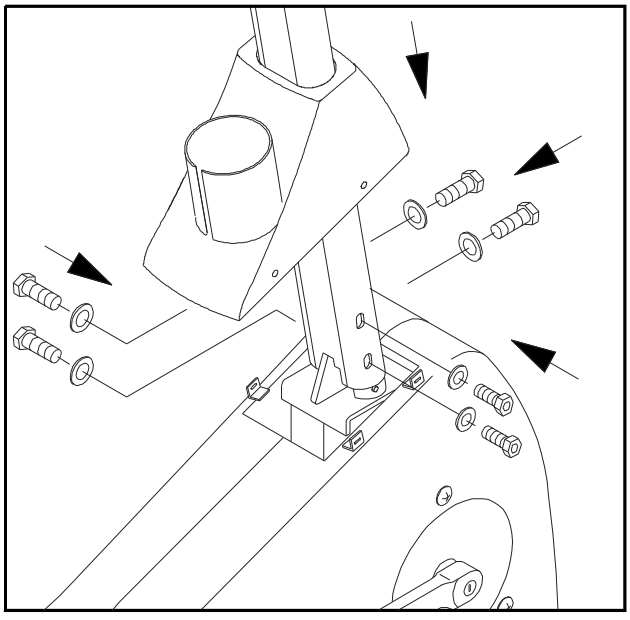

Fig.2

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5. Use four screws to secure the upright post cover(see Fig.3).

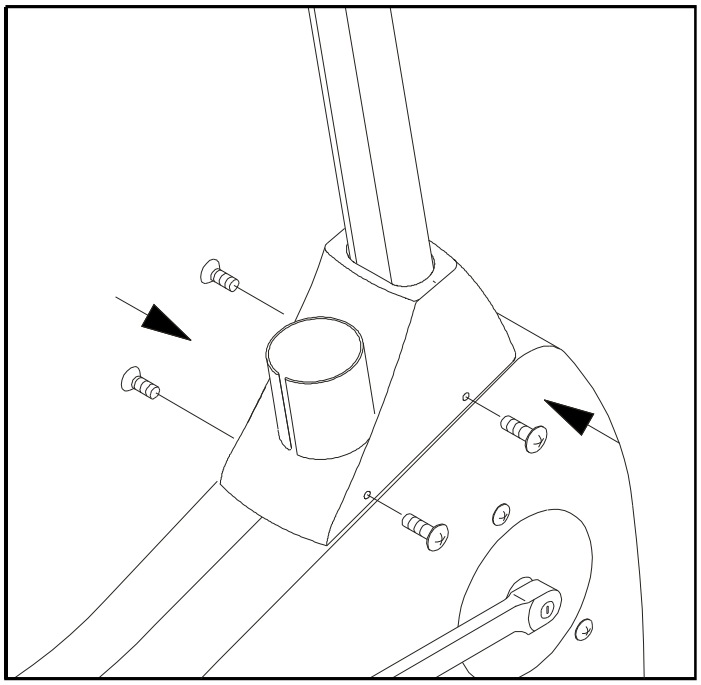

Fig.3

6. Attach the foot pedals to both sides of the crank arms by using the wrench provided.

   Be careful to install the pedals on the correct crank arm. A " R " or " L " on the foot pedal indicates the correct side.

   Install the pedal marked " R " on the right hand crank arm (as you stand at the rear of the cycle facing front). When you install the pedal on the lefthand crank arm, rotate the pedal counterclockwise to tighten since the pedal has lefthanded screw threads (see Fig.4). Tighten the pedals securely.

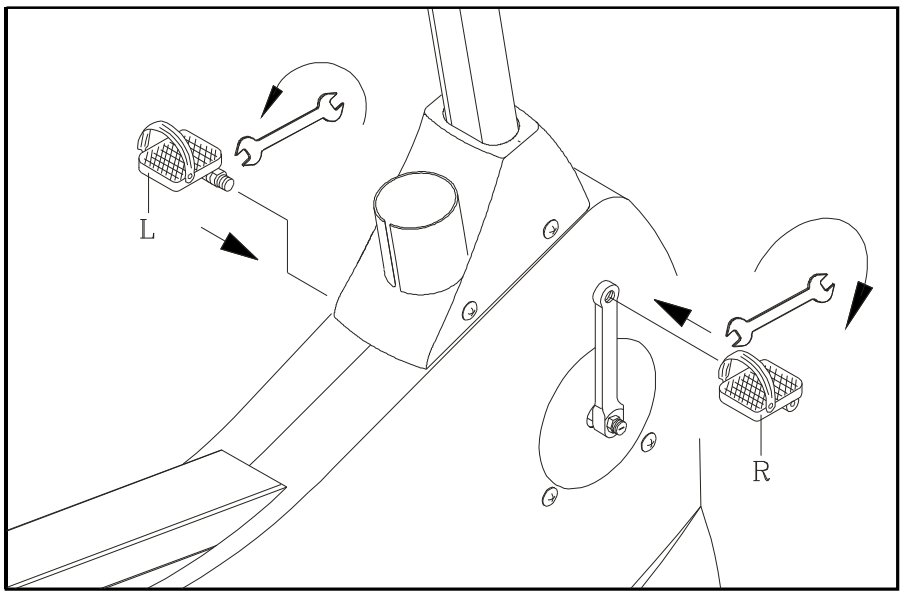

Fig.4

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7. Use the 1/4" bolts to fix the handlebar to the upright post. Make sure the angle between the handlebar and the upright post is more than 90˚ (see Fig.5).

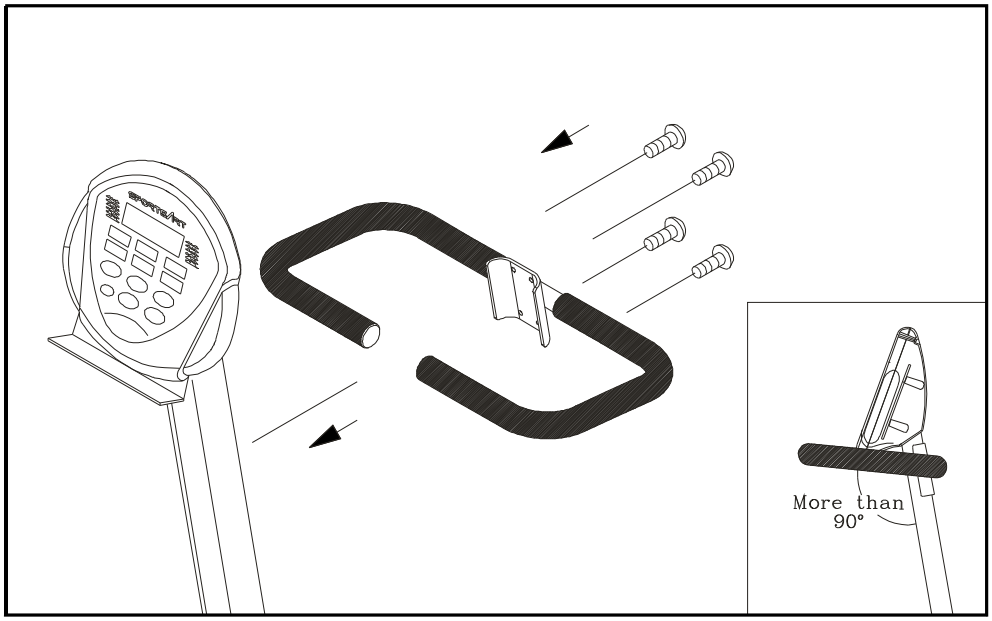

Fig.5

8. Attach the handlebar mounting plate to the cycle frame, using the bolts and washers provided. (See Fig.6)

Note: The remote control shown here is optional, it is not included in some markets.

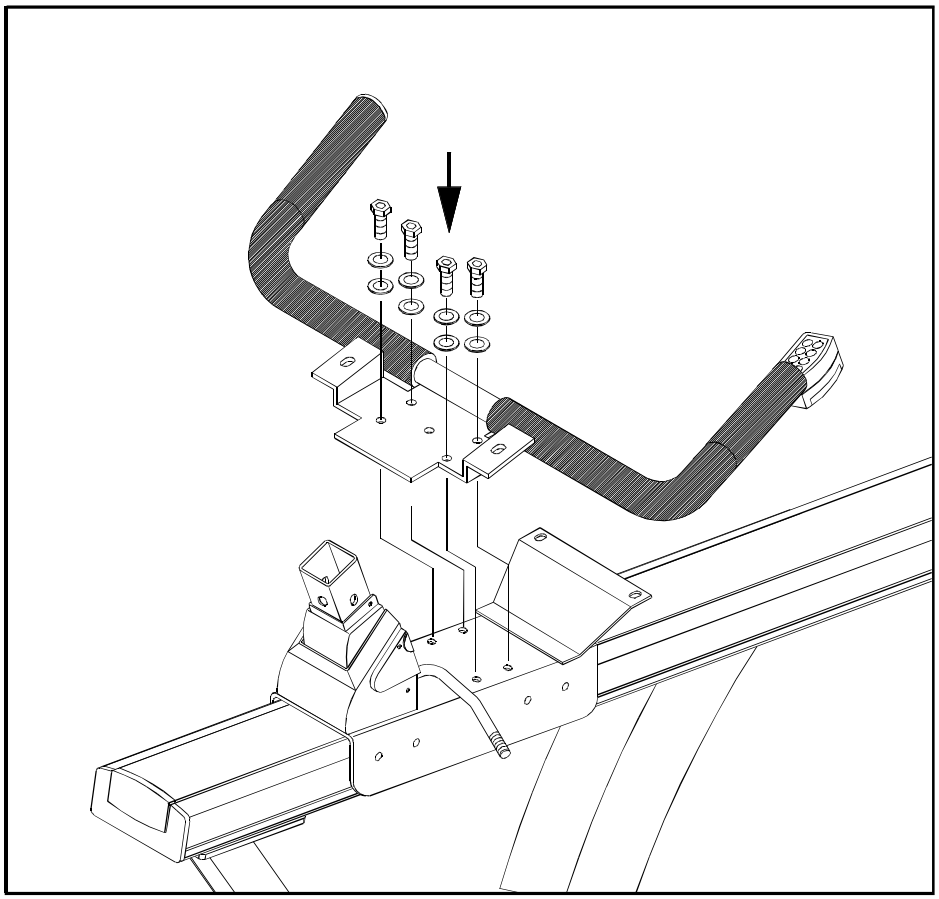

Fig.6

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9. Insert the seat back into the seat post, using the 5/16" bolts and washers to secure it (see Fig.7).

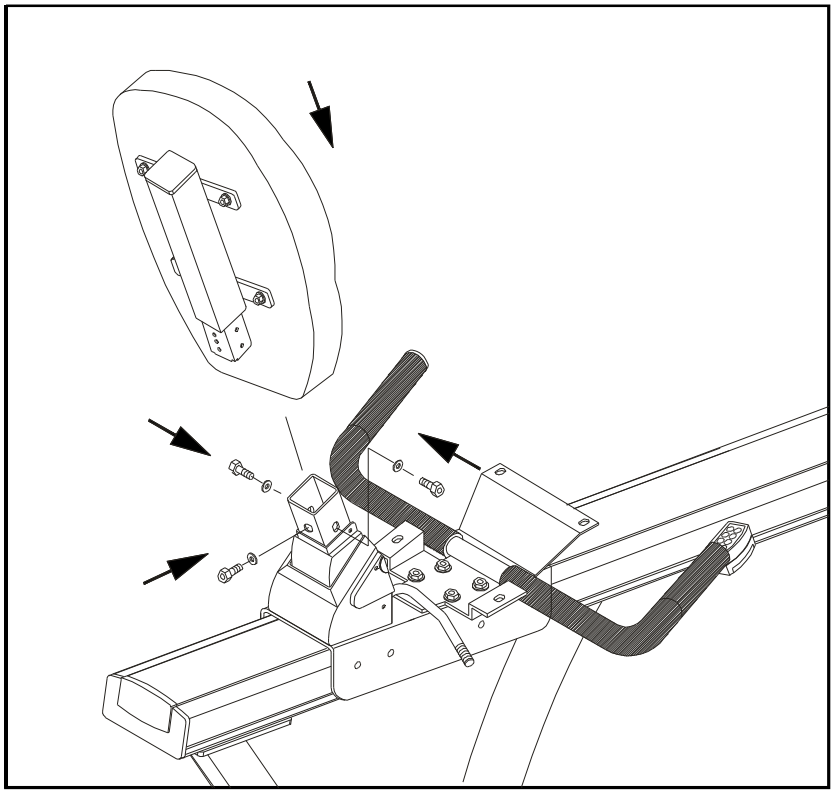

Fig.7

10.

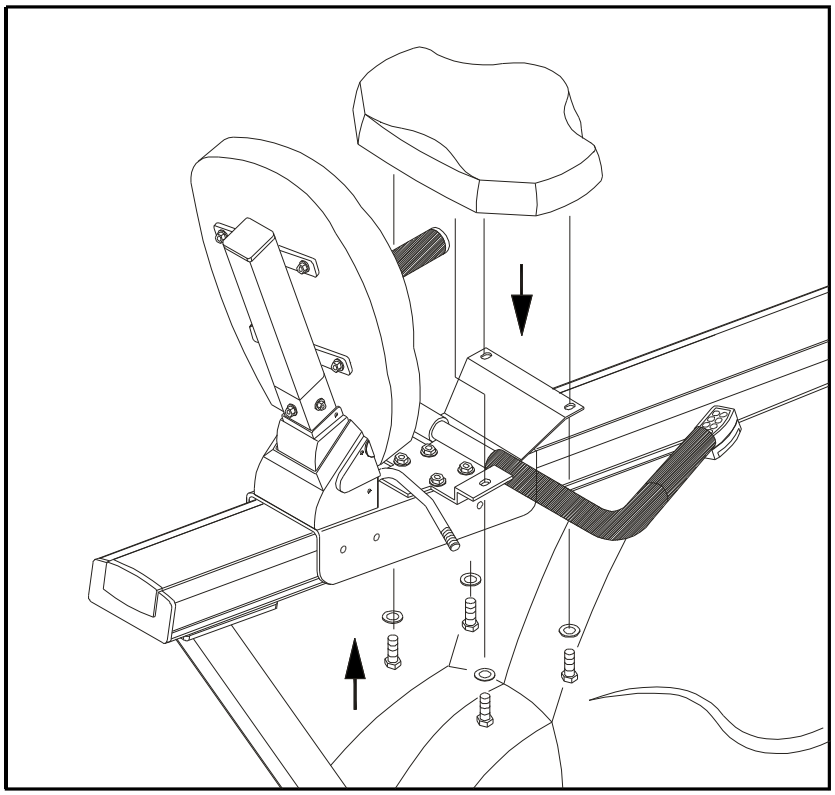

Fig.8

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11. Attach the seat back adjustment handgrip to the seat back adjustment lever, using the wrench provided. (see Fig.9).

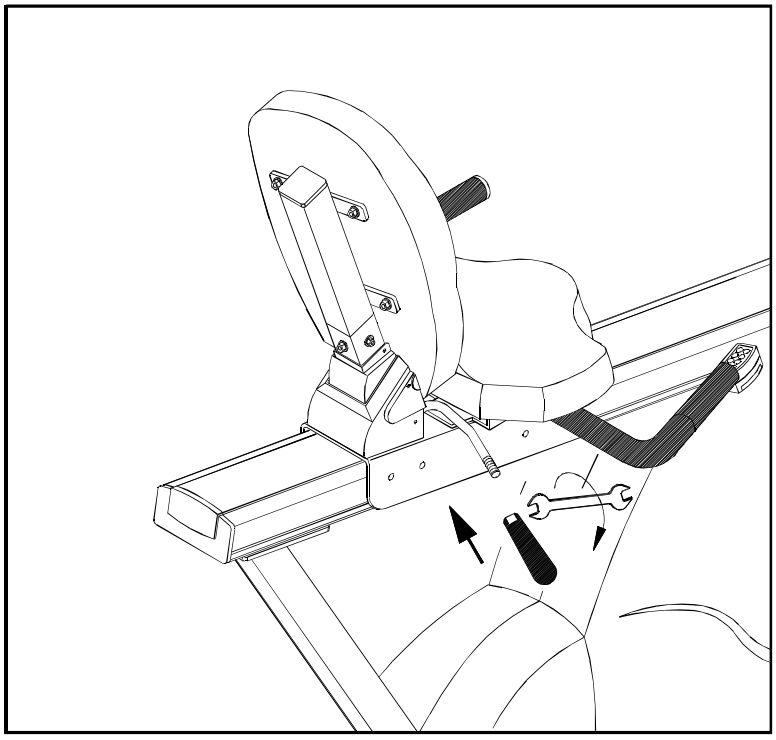

Fig.9

Floor Level Adjustment

If the cycle is unsteady on your floor, turn the floor level adjustment either on the front or rear feet or cycle. Raise or lower the floor level adjustment to steady your cycle. Tighten the floor level adjustment by turning it counterclockwise. (see Fig. 10)

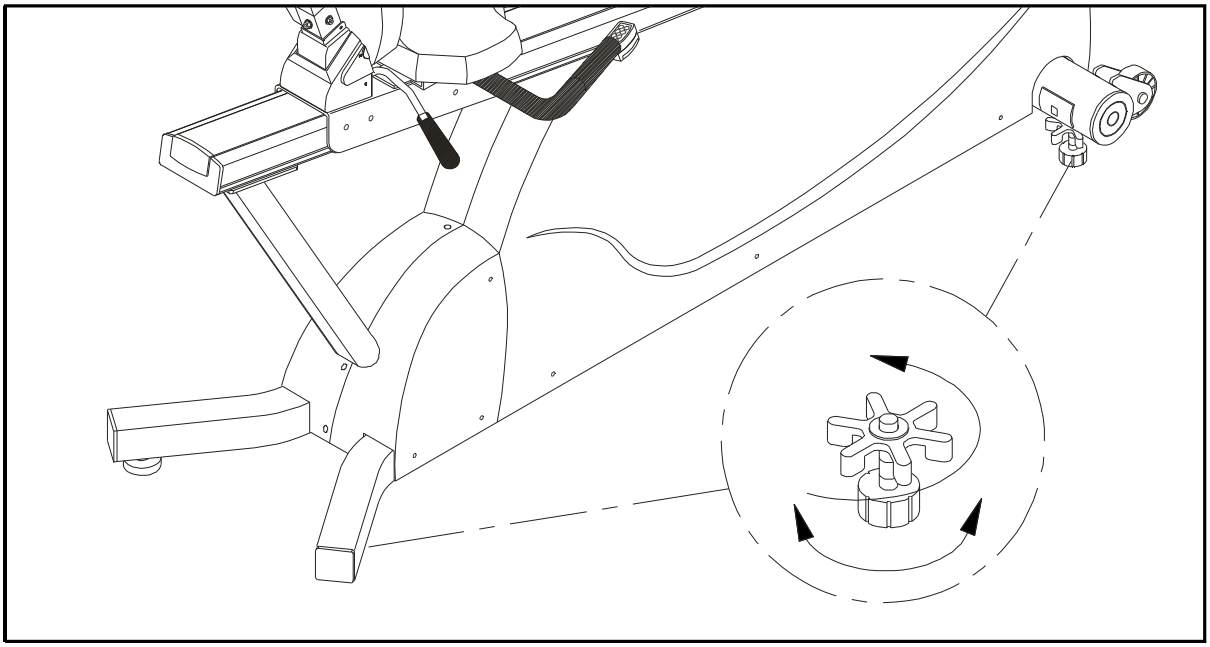

Fig.10

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Seat Adjustment

The 5007 is equipped with a two-piece seat, allowing you to adjust the seat back's angle of incline. Pull on the seat back adjustment lever and move the seat up and back to find the most comfortable position for you, then release the lever (see Fig.11).

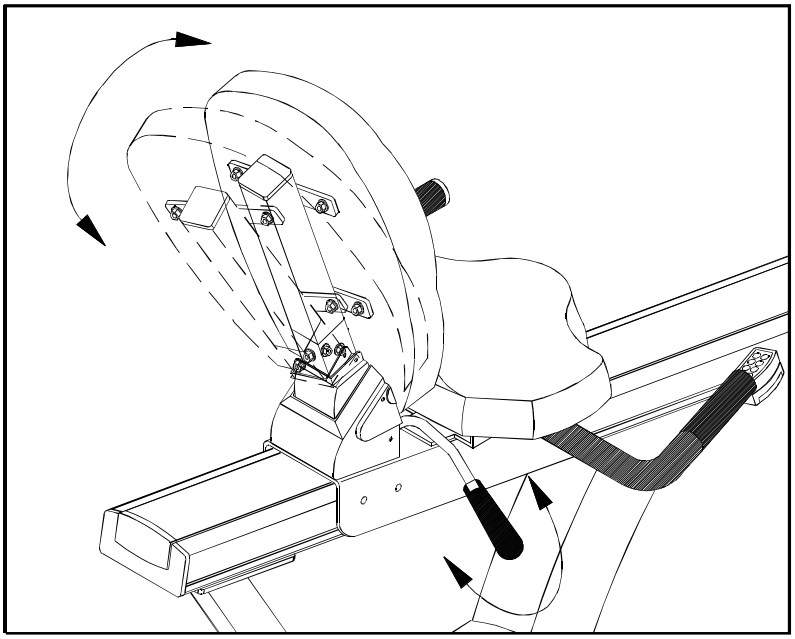

Fig.11

Before your workout, you might need to adjust the seat to the appropriate position for you. Sit on the cycle with both feet in the pedals and one leg extended as far as possible. Pull up on the seat adjustment lever, and move the seat forward or backward until the pedal distance is comfortable. You may refer to the scale plate. Release the seat adjustment lever. (See Fig.12~Fig.12-1).

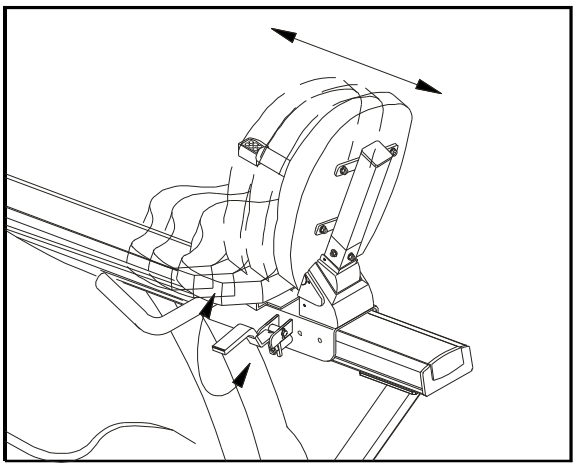

Fig.12

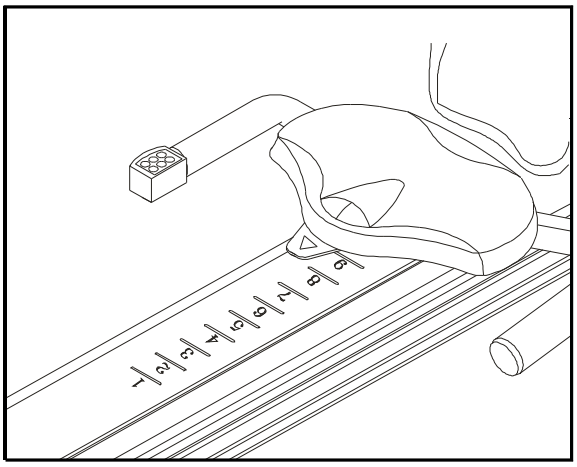

Fig.12-1

Your 5007 Semi-Recumbent Cycle is assembled and ready to use.

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EXERCISING ON YOUR BIKE

Understanding the Electronics Package

Plug the POWER CORD into an electrical outlet, then turn on the power switch located on the front of the bike. The main window of electronic package will automatically appear "MAN'L". If this is the Mode you wish to start, you may simply pedal the bike to begin. You may also press other function keys and follow the scrolled messages to start your workout.

If you do not pedal within 3 seconds or you stop in the middle of your workout, you will be prompted to PEDAL TO START WITH LOAD IN LEVEL (WATTS).

Manual:

1. As soon as you turn on the machine, you will go straight into the MANUAL MODE, "MAN'L" will appear in the central window.

2. You can press LOAD ▲▼ buttons to adjust your desired load.

   You can press TIME ▲▼ buttons to set your workout time.

   You can press DISTANCE ▲▼ buttons to set the desired distance.

3. After you finish your setting, if you do not pedal within 3 seconds or you stop in the middle of your workout, the central window will display "PEDAL TO START WITH LOAD IN LEVEL (WATTS)" to prompt you to pedal the bike. All input information (LOAD, TIME or DISTANCE etc.) will be retained.

4. When your desired TIME or DISTANCE is reached, a beep tone will sound for 10 seconds to alert the user.

SET:

Press the MANUAL/SET key, and "MAN'L" will show in the display. Press the key once again, and "SET" will appear in the display. Then press ENTER.

1. You can choose between MILE/KILO, MALE/FEMALE and WEIGHT while in the SET MODE.

2. The read out will display "PRESS ▲▼ TO SELECT MILE/KILO". Press ▲▼ keys to select either MILE or KILO, then press ENTER to save your selection.

   (Note: choosing MILE will automatically select pounds in the weight calculation, and choosing KILO will automatically select kilograms in the weight calculation.)

3. You will be prompted to choose between "MALE / FEMALE". Use the ▲▼ to select your choice, the window display will be ♂- "M" or ♀- "F", press ENTER to record your choice.

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4. Next, "ENTER WEIGHT" will scroll across the screen. Then the last weight setting will show on the display. Use the ▲▼ button to change your desired weight.

   Once you have set your desired weight, press "ENTER" to record them. This will allow the unit to calculate your calorie expenditure.

Using the INTERVAL Mode:

A. Interval 1:

1. Press the INTERVAL key and you will be in "INTV. 1". Press ENTER, and the window will display the message: "INPUT REST LOAD & TIME, THEN PRESS ENTER" Follow the below steps:

   a. REST will appear in the central display.

   b. Adjust the desired load using the ▲▼ buttons.

   c. Select the desired REST TIME (in seconds) using the ▲▼ buttons,

   d. Then press ENTER to confirm your input data.

2. Once the REST load and time has been set, the window will display the message "INPUT WORK LOAD & TIME, THEN PRESS ENTER", and then "WORK" will appear in the main window.

   Adjust your desired LOAD and TIME by using the ▲▼ buttons, then press ENTER to complete the setting.

3. You will be prompted to "PEDAL TO START", and the bike will automatically adjust the load according to your entered preferences.

4. When pedaling, the window will display the course profile and count down to zero for each segment.

5. When the REST interval is over, the display will show "INPUT WORK LOAD & TIME, THEN PRESS ENTER", and the machine will adjust to the settings you chose for the work interval. When the WORK time is over, the display will show "GOING TO REST LOAD", and return to the settings you chose for the rest interval.

6. You can change the load at any time during your workout.

7. Please keep in mind that the TIME range is : 60 ~ 250 seconds

B. Interval 2

Interval 2 allows you to design your own personal workout program.

There are EIGHT segments in Interval 2. Press the INTERVAL button until you see INTV. 2 in the window, then press ENTER.

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You will be prompted to "INPUT LOAD LEVEL (or WATTS) & TIME OF SEGMENT 1". The "SEG 1" will appear on the display. Use the ▲▼ keys to select the desired LOAD and TIME , then press ENTER.

After you have set your desired SEG. 1 setting, "SEG. 2" will appear in the window. For Segments 2-8 settings, please refer to the instructions as above. Once all segments are set, your own personal program, under INTV. 2 will be recorded.

If you only want to set four segments, for example, leave the TIME of segment 5 with a value of zero, and the 5007 will perform only your desired four segments.

When pedaling, the window will display the course profiles and they will flash from SEG 1.

At the end of each segment, the display will read "GOING TO SEGMENT X" You can change the tension level during your workout.

If you stop in the middle of your workout, you will be prompted to "PEDAL TO START WITH LOAD IN LEVEL (WATTS)". All input information (TIME, DIST., CAL., etc.) will be retained.

PROGRAM:

The 5007 features a total of six (6) professionally designed workout programs. The programs control the load of your workout.

1. Press the PROGRAM buttons to scroll between the 6 Programs. When you have chosen the program you want, press "ENTER".

2. You will be prompted to "PRESS ▲▼ TO SET TIME/DIST". You can only set TIME or DISTANCE (but not both). Use ▲▼ buttons to set your desired TIME or DISTANCE, then press ENTER. If you don't press ENTER, the display will prompt you to "PRESS ENTER"

3. The program profile will be displayed in the main window, and will begin when you start the unit by pedaling. If you do not begin pedaling immediately, you will be prompted to "PEDAL TO START WITH LOAD IN LEVEL (WATTS)".

4. During these programs, the unit will automatically switch between loads, giving you the feeling of riding on hills or level ground.

5. When your desired DIST. or TIME is reached, a beep will sound for 10 seconds, and after that the machine will begin to count up.

6. Even though the programs feature preprogrammed loads, you can change the load anytime during your workout.

7. If you stop in the middle of your workout, you will be prompted to "PEDAL TO START". All input data will be retained.

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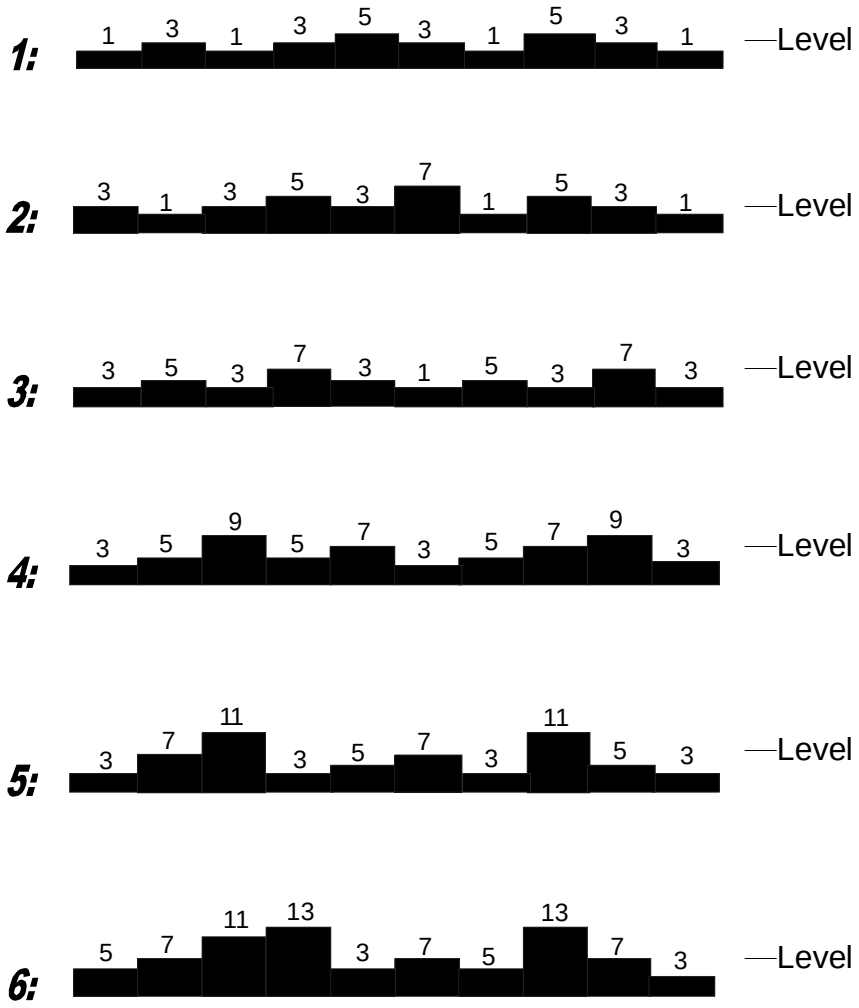
The course profiles for each PROGRAM are as follows:



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RESET

To change any of your data in MAN'L, SET, INTERVAL and PROGRAM, simply hold the ENTER button to RESET, the existing data will be cleared, and the display will return to the original operation mode for your resetting.

What each of these categories means:

LOAD (LEVEL): There are 14 levels available, with Level 1 being the lightest, and (WATTS) LEVEL 14 being the heaviest. Use the ▲▼ buttons to choose the desired level. Pressing the key once changes the load one level. Holding the key down will change the load one level every 0.5 second.

TIME: Use the ▲▼ keys to set the desired time. Pressing the key once changes the time by 1 minute. Holding the key down will change the time 5 minutes every 0.5 second. The electronics package will beep for 10 seconds when your desired time is reached, then will start to count up if your workout continues.

DIST.: Use the ▲▼ keys to set the desired distance. Each press of the key changes the distance by 0.1 miles (0.1 km). If you hold down the key, the numbers will increase or decrease by 0.1 miles (or 1 km) every 0.5 second. The electronics package will beep for 10 seconds when your desired distance is reached, then will start to count up if your workout continues.

RPM: A sensor counts the number of revolutions the flywheel makes per minute, and this is displayed on the screen.

PULSE: (if your bike is equipped with heart rate function)
This readout gives you the heart rate per minute.

CAL: This readout gives you the amount of calories burned, based on the weight entered and speed/distance cycled during your workout.

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MAINTAINING YOUR SEMI-RECUMBENT BIKE

This bike requires little maintenance. The bike's low friction operation is dependent on keeping the unit as clean as possible.

Cleaning the Bike

CAUTION: Turn off unit and disconnect power cord before cleaning.

Regular cleaning is recommended to keep your bike at peak performance.
Before your workout, use a dry cloth to clean the surface of the electronics package.

Note: NEVER POUR LIQUIDS ON THE ELECTRONICS PACKAGE.

To clean the plastic parts, use a mild detergent and make sure the unit is completely dry before operating.

It is recommended that you keep all liquids away from the unit during operation. Spillage of liquids onto or into the machine will void the warranty.

GUIDELINES FOR EXERCISE

How long should I exercise?

The duration of your exercise session is dependent on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 10 minutes to realize an aerobic benefit. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods: usually between 20 and 30 minutes.

When starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate in the training zone. At the end of your workout, gradually decrease your workload, then exercise lightly as a "cool down".

How often should I exercise?

Aerobic exercises, to achieve the greatest benefits, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

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TROUBLE SHOOTING:

A. No power

1. If you turn on the POWER SWITCH and the switch is not lit:

   a. Check if the power cord is plugged securely into the wall socket.

   b. After the above step is performed, if the power switch is still not lit, please replace the fuse.

CAUTION: Make sure to unplug the power cord from the wall socket before replacing the fuse. Also, make sure to check your standard voltage and use the proper fuse specification prior to fuse replacement.

To remove:

Find the 1A fuse holder on the front of the machine, push on the fuse holder and turn the fuse holder counterclockwise to remove the damaged fuse (see Fig.13-1~13-2).

To install:

Insert a new fuse into the holder. Push the fuse and holder in, then turn clockwise to secure the fuse holder (see Fig.13-3~13-4).

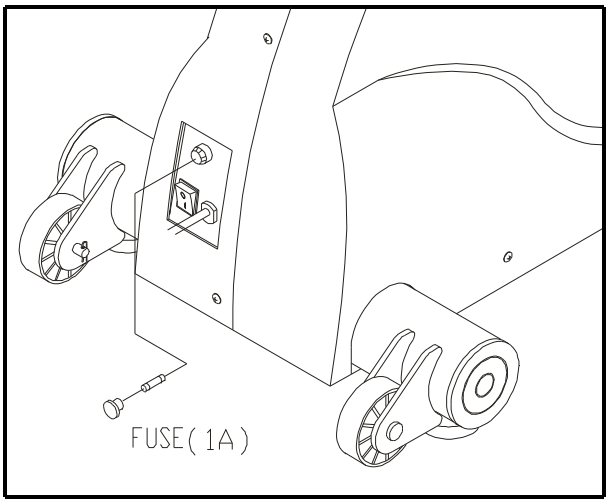

Fig.13-1

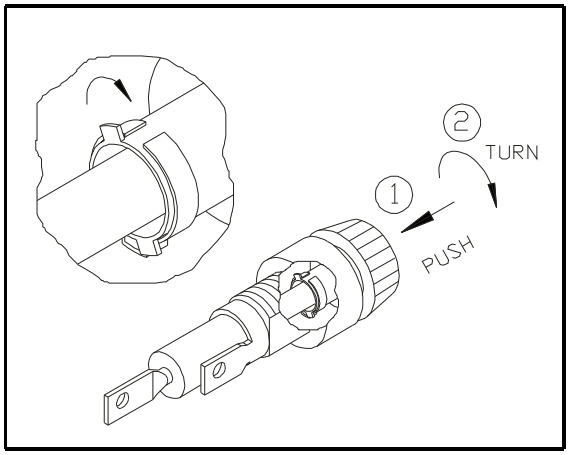

Fig.13-2

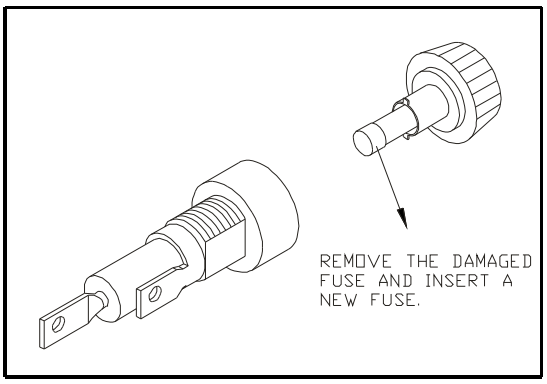

Fig.13-3

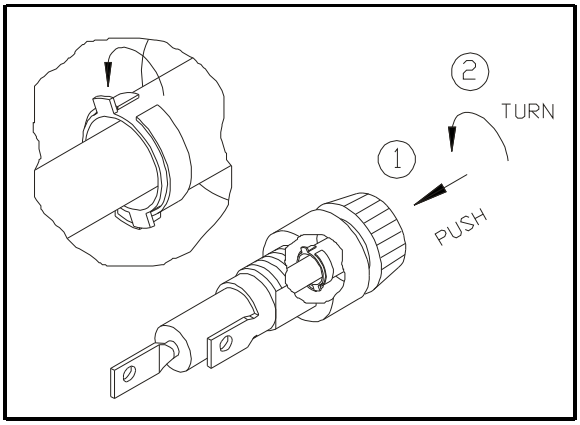

Fig.13-4

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c. Plug the power cord into the wall socket and turn on the machine again. If the power switch is still not lit, please contact your authorized Sports Art dealer for more information.

2. If you turn on the power switch and the switch is lit, but there is no display, please contact your authorized Sports Art dealer for more information.

B. Battery Removal and Installation Procedure:

To replace the two AAA 1.5V (UM-4) batteries, remove battery cover, remove the spent batteries, then insert two new or recharged batteries, and replace the cover. (see Fig. 14-15)

Dispose of the spent batteries responsibly.

C. Other

If your bike has other problems, such as no tension, no "RPM", or other readings while pedaling, please contact your authorized Sports Art dealer for more details.

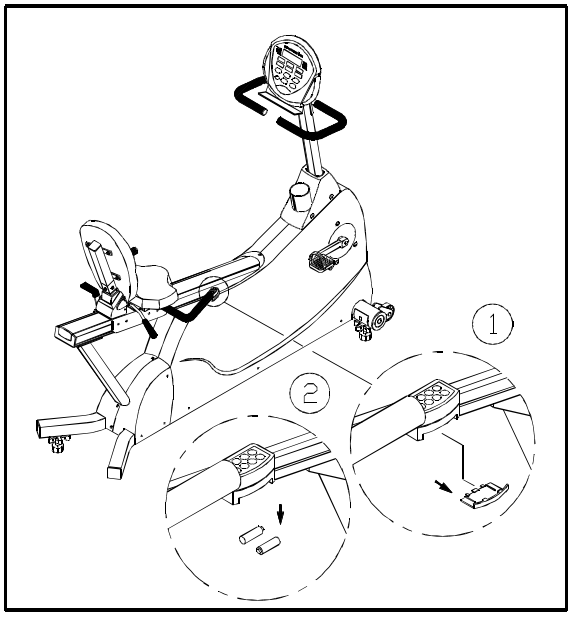

Fig.14

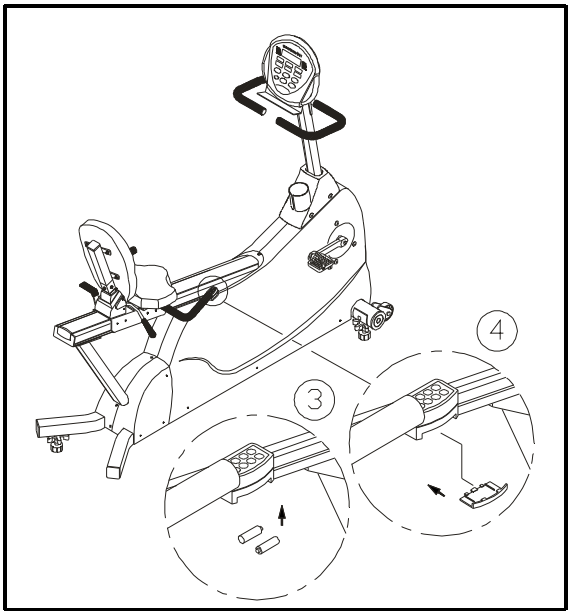

Fig.15

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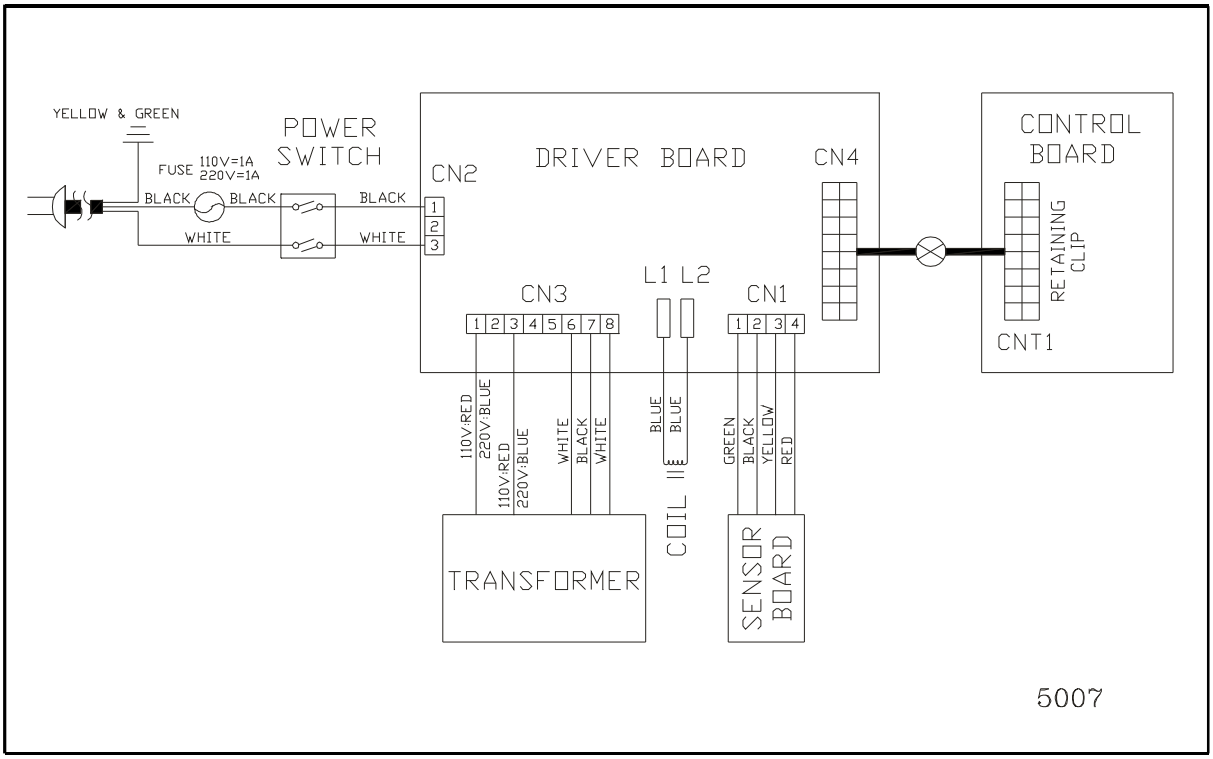
Wiring Schematic:



Your Authorized SPORTS ART Distributor

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